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**9th kup**

**Grade from Yellow ends to Yellow Belt.**

Students wishing to grade from Yellow ends to Yellow Belt should know all of the previous section plus the following.

**Belt Colour – Yellow Belt**

Yellow Belt signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

**Introduction to patterns**

As students progress through the grades, patterns play an increasingly important role. The pattern for Yellow Belt is the first to be practised by students. Sajo Jirugi and Sajo Makgi do not have an interpretation or meaning, therefore they are only classed as a series of movements.

 **Pattern: -** Chon Ji

**Meaning:**

Chon Ji means literally the “Heaven and the Earth”. It is in the Orient interpreted as the creation of the world or the beginning of human history, therefore it is the initial pattern practised by the beginner. This pattern consists of two similar parts, one to represent the Heaven, the other Earth.

**Pattern information:**

The pattern consists of 19 movements, and when performed forms the shape of a cross.

**Stances:**

 L Stance - Niunja Sogi

(Weight distribution is 70% on the back leg and 30% on the front leg, stance is 2 inches apart and 1.5 shoulder widths in length).

**Parts of the Hand/ Foot:**

Knifehand - Sonkal

Footsword - Balkal

**Practical Techniques/ Grading Syllabus**

 Front Snap Kick, Obverse Punch, - Ap Cha Busigi, Baro Jirugi, Bandae Jirugi

 Reverse Punch

 Low Section Outer Forearm Block, - Najunde, Bakat Palmok Makgi

Rising Block - Chookyo Makgi

Three Step Sparing - Sambo Matsoki

Sitting Stance, Double Punch - 10 double punches

Press-ups - 20 press-ups

Walking Stance, Low Section Outer - Gunnun Sogi, Najunde Bakat Palmok

 Forearm Block Makgi

Front Snap Kick, Double Punch - Ap Cha Busigi, Doo Jirugi

 